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NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA
AND 21 CFR §101.93

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This notification is being filed on behalf of 4Health, Inc., doing business as Nature's Secret, which is the distributor of the product(s) which bear the statements identified in this notification. Its business address is: 5485 Conestoga Court, Boulder CO 80301. This notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. §101.93. The dietary supplement product on whose label or labeling the statements appear is **ReDo Evening Multi** a part of the 2-part ReDo™ Program.

The text of each structure-function statement for which notification is now being given is:

- Statement 1. A balanced, comprehensive multi-mineral designed to support nighttime rest.
- Statement 2. Includes minerals & Herbs for nighttime relaxation.
- Statement 3. Designed to deliver nutrients to your body when your body needs them.
- Statement 4. Contains enzymes and a catalytic blend to support digestion and absorption of nutrients.
- Statement 5. Cleanses & Detoxifies the Body
- Statement 6. Improves Energy
- Statement 7. Enhances Mood
- Statement 8. Helps complexion and skin
- Statement 9. Aids in digestion
- Statement 10. Improves hair and finger nails
- Statement 11. Enhances the immune system
- Statement 12. Improves cardiovascular circulation
- Statement 13. Aids in weight loss.
- Statement 14. Helps with seasonal reaction discomfort.
- Statement 15. Aids in Joint Support.
- Statement 16. Enhances absorption of formula.
- Statement 17. Relaxing aid in sleep.
- Statement 18. Aids to relieve fatigue.
- Statement 19. Helps keep bones & teeth healthy.

The following summary identifies the dietary ingredient(s) or supplement(s) for which a statement has been made.

<u>Statement Number</u>	<u>Identity of Dietary Ingredient(s) or Supplement that is the Subject of the Statement</u>
1	Magnesium, Passionflower extract, Kava Kava Extract, Scullcap Herb, Hops Flower, Shattered Cell Wall Chlorella, Taurine, Bromelain, Papain, Ginger Root, Licorice Root, Capsicum Fruit, Bioperine®.
2	Magnesium, Passionflower extract, Kava Kava Extract, Scullcap Herb, Hops Flower, Shattered Cell Wall Chlorella, Taurine, Bromelain, Papain, Ginger Root, Licorice Root, Capsicum Fruit, Bioperine®.
3	Evening Multi blend.
4	Taurine, Bromelain, Lecithin (Phosphatidyl-choline), Bioperine®.
5	Capsicum Fruit, Ginger Root, Scullcap herb, Shattered Cell Wall Chlorella, Vitamin C (Ascorbic Acid), Molybdenum, Taurine.

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see docket 97S-0163 also

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6	Iron
7	Hops Flower, Boron (Complex), Taurine.
8	Zinc
9	Capsicum Fruit, Ginger Root, Licorice Root, Papain, Molybdenum, Bromelain, Lecithin.
10	Iodine, Silicon.
11	Vitamin C (Ascorbic Acid), Selenium.
12	Capsicum Fruit, Ginger Root, Passion Flower, Iron, Magnesium, Silicon.
13	Capsicum Fruit, Copper, Iodine, Magnesium, Vanadium, Lecithin.
14	Shattered Cell Wall Chlorella, copper.
15	Kava Kava, Licorice Root, Passion Flower, Copper, Silicon, Zinc
16	Bioperine®.
17	Hops Flower, Kava Kava, Passion Flower, Scullcap Herb, Magnesium,
18	Iodine, Iron, Magnesium
19	Boron, Calcium, Vanadium.

The following identifies the brand name of each supplement for which a statement is made:

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling?</u>
1	4Health™ ReDo™ Evening Multi	Both
2	4Health™ ReDo™ Evening Multi	Both
3	4Health™ ReDo™ Evening Multi	Both
4	4Health™ ReDo™ Evening Multi	Both
5	4Health™ ReDo™ Evening Multi	Labeling
6	4Health™ ReDo™ Evening Multi	Labeling
7	4Health™ ReDo™ Evening Multi	Labeling
8	4Health™ ReDo™ Evening Multi	Labeling
9	4Health™ ReDo™ Evening Multi	Labeling
10	4Health™ ReDo™ Evening Multi	Labeling
11	4Health™ ReDo™ Evening Multi	Labeling
12	4Health™ ReDo™ Evening Multi	Labeling
13	4Health™ ReDo™ Evening Multi	Labeling
14	4Health™ ReDo™ Evening Multi	Labeling
15	4Health™ ReDo™ Evening Multi	Labeling
16	4Health™ ReDo™ Evening Multi	Labeling
17	4Health™ ReDo™ Evening Multi	Labeling
18	4Health™ ReDo™ Evening Multi	Labeling
19	4Health™ ReDo™ Evening Multi	Labeling

I, R. Lindsey Duncan, am authorized to certify this Notification on behalf of 4Health, Inc. I certify that the information presented and contained in this Notification is complete and accurate, and that 4Health, Inc. has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: June 30, 1998

By: 

Dr. R. Lindsey Duncan CN, ND
CEO and Formulator, 4Health, Inc.